



### REGULAR EXERCISE AND ATTITUDES IN HEART FAILURE: CHICKEN OR EGG?

Poster Contributions

Poster Hall B1

Sunday, March 15, 2015, 3:45 p.m.-4:30 p.m.

Session Title: Exercise Is Medicine

Abstract Category: 23. Prevention: Rehabilitation

Presentation Number: 1212-129

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**Background:** Heart failure (HF) is a complex syndrome. Exercise is considered as an integral part of HF management.

**Methods:** Turkish Research Team-HF (TREAT-HF) is a network. Herein, 308 HFREF patients out of eight HF centers were presented. HFREF patients who stated that they were engaged in a regular weekly exercise activity (most days of the week, group 1) were compared with those who were not (group 2).

**Results:** Overall, mean age was  $57 \pm 14.4$  years and mean was  $29 \pm 10\%$ . There were 76 HFREF patients in group 1 (24.7%) and 232 patients in group 2. Patients in group 1 were younger than those in group 2 ( $50.6 \pm 2.8$  vs.  $59.1 \pm 14.3$  years,  $p < 0.001$ ). Mean EF was similar in both groups ( $p = 0.514$ ). Diabetes was less prevalent in group 1 (9.2% vs. 21.1%,  $p = 0.030$ ). 57.9% of patients in group 1 versus 40.6% of patients in group 2 stated that they get adequate information with regard to their disease ( $p = 0.008$ ). 92.1% of patients in group 1 versus 71.4% of patients in group 2 stated that they keep regular physician visits ( $p = 0.001$ ). 80.3% of patients in group 1 versus 43.3% of patients in group 2 stated that they measure weight regularly ( $p < 0.001$ ). 67.1% of patients in group 1 versus 42% of patients in group 2 stated that they adhere to their diet ( $p < 0.001$ ). 39.5% of patients in group 1 versus 17.8% of patients in group 2 stated that they have regular flu vaccination every year ( $p < 0.001$ ). 59.2% of patients in group 1 versus 43.9% of patients in group 2 stated that their relatives have adequate information with regard to their disease ( $p = 0.036$ ). 60% of patients in group 1 versus 46.7% of patients in group 2 stated that their family/friends know what to do in case of an emergency ( $p = 0.031$ ). Distribution of NYHA Class was different in group 1 than in group 2 (23.6%, 54.5%, 16.4%, 5.5% vs. 9%, 51.9%, 31.9%, 7.1%, respectively for NYHA I, II, III, IV,  $p = 0.017$ ).

**Conclusion:** Regular exercise habit is overall related to desired attitudes with regard to the management of HF. However, lack of exercise is associated with poorer management of HF.